

Mari-Mann Herb Co., Inc.  
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#### **CANDIED ANGELICA**

- ½" round young stems, 2" pieces. Boil in salted water until tender. Drain and scrape off outer skin. Weigh stems and make syrup of same weight (1:1 sugar and water). Let stems sit in syrup 3-4 days. Two times daily, bring syrup to boil and pour over stems until nearly absorbed. Drain and dry, turning often until dry.

#### **HOREHOUND CANDY**

Simmer 1 cup fresh leaves in 1 cup water 10 min. Strain out leaves, add 2 cups sugar to infusion and boil. Uncovered until mixture spins thread in cold water. Pour into a buttered pan and cut into squares before it hardens.

#### **COCKTAIL SAUCE**

1-2 cups Mari-Mann Spoon Herbal Sauce, ½ cup horseradish, dash tabasco.

#### **MARJORAM MARINADE**

2 pinches marjoram, parsley, basil per lamb chop. Add water until easy to spread. Add salt and pepper to taste and bay leaf. Stand 1 hour after chops are broiled. Paint chops and serve. Serve with Mari-Mann Mint Jelly.

#### **GARDEN MINT TEA**

– 1-pint dried peppermint and apple mint leaves, ½ pint dried spearmint, ¼ pint ginger mint. Steep 5 min. in 1 gallon distilled water that was brought to a boil and removed from heat.

#### **CUCUMBER & LEMON SALAD**

1 lemon	4 cucumbers
1 sweet red pepper	1/8 cup chopped parsley
½ C olive oil	1/8 cup lemon juice

With skin intact, cut lemon in half, then into thin slices, then into triangles. Place in glass bowl and sprinkle with coarse salt (removes bitterness of rind) Let sit for 30 minutes. Peel cucumbers, slice thin. Peel and slice red pepper. Combine cucumbers, pepper, parsley, and lemons in nice bowl. Dress with olive oil, lemon juice.



### **NASTURTIUM RATATOUILLE**

- |                            |                                    |
|----------------------------|------------------------------------|
| 1/3 cup olive oil          | 2 cloves garlic, peeled & chopped  |
| 1 large onion              | 1 Tbsp. Nasturtium buds            |
| 3 Tbsp. flour              | 1 zucchini, 1/4" chunks            |
| 1 eggplant, peeled & cubed | 2 green peppers, cut into strips   |
| 5 tomatoes, chopped        | 1 Tbsp. each fresh basil & oregano |

Heat oil in skillet. Add garlic and onion and sauté until transparent. Place flour in bag, add squash and eggs and shake. Add squash, eggplant and peppers to skillet. Cook uncovered over low heat for 1 hour. Stir occasionally. Add tomatoes and herbs and simmer uncovered until thick. Add nasturtiums during last 15 minutes of cooking. Serve hot or cold.

### **BOURSIN, CHIVE & HERB SPREAD**

- |                             |                           |
|-----------------------------|---------------------------|
| 3 cloves garlic             | 1/2 cup fresh sweet basil |
| 1/4 cup chives              | 1/4 cup parsley           |
| 1/4 cup pitted black olives | 8 oz. cream cheese        |

In food processor, combine garlic and herbs. Blend in cheese until smooth. Coarsely chop olives and add. Put in small bowl and chill.

### **CILANTRO & CUCUMBER SALAD**

- |                                                  |                             |
|--------------------------------------------------|-----------------------------|
| 3 cucumbers, peeled, sliced into 2" x 4" slices. | 1/4 C olive oil             |
| 1/4 C lemon juice                                | 1/4 C rice vinegar          |
| 1/4 C chopped cilantro                           | 1/4 C fresh chives, snipped |
| 1/4 tsp. sea salt                                | 1/4 tsp. Mari-Royale Pepper |
| 1/4 C chopped unsalted peanuts                   |                             |

Drain cucumbers in colander. Squeeze out excess liquid. Whisk together lemon juice, oil and vinegar. Add cilantro, chives, salt, and pepper. Top with peanuts.



### **FRENCH TARRAGON DRESSING**

- |                           |                                |
|---------------------------|--------------------------------|
| ½ cup garlic, minced      | 1 small shallot, minced        |
| ½ cup olive oil           | 1/3 cup lemon juice            |
| ¼ tsp. Mari-Mann Sea Salt | 1 Tbsp. French tarragon, whole |
| 1 Tbsp. fresh dill weed   | 1 Tbsp. Mari-Mann Honey        |
| 1 Tbsp. Mari-Mann Mustard | Mari-Royale Pepper             |

Pulse in food processor until smooth and creamy.

### **ROSE PETAL & LEMON VERBENA SUN TEA**

Fragrant rose petals, enough to loosely fill 1 gallon glass jar 2/3 full. Add a large handful of crushed lemon verbena leaves. Fill with hot distilled water and place in sun.

### **PEPPERED BLACK BEAN SALAD**

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 cups black beans, drained | 1 clove garlic, crushed       |
| ¼ cup green pepper, diced   | ½ tsp. Mari-Mann Chili powder |
| ¼ cup red pepper, diced     | 1 tsp. Mari-Mann Ground Cumin |
| 1/3 cup cucumber, diced     | 1 Tbsp. lemon juice           |
| ¼ cup onion, diced          | ¼ cup corn                    |
| ¼ cup celery, diced         | 1 cup diced tomato            |
| 2 Tbsp. Mari-Mann Olive oil | 2 Tbsp. diced jalapenos       |
| 2 Tbsp. Mari-Mann Vinegar   | 1 ½ Tbsp. cilantro            |

Combine and chill, serve cold.



### **GRILLED RUBY BASIL STEAK**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 2 lb. Lean steak               | 4 cloves garlic                   |
| 1 medium onion, chopped fine   | 1/3 cup fresh basil, chopped fine |
| 1 ½ tsp. oregano, chopped fine | Mari-Mann Vinegar                 |
| 3-4 Tbsp. olive oil            |                                   |

Rub steak with cloves then press and add to mixed dry ingredients. Pour in some vinegar and stir to mix. Flip steak in mix to coat both sides. Cover with herb mix. Add vinegar to cover. Drizzle oil over last. Marinate 6-8 hours. Turn a couple times. Grill.

### **GRILLED SORREL SALMON**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 medium size whole salmon  | ½ tsp. sea salt             |
| Mari-Mann Royale Pepper     | 1 lemon, thinly sliced      |
| Handful fresh fennel sprigs | 2 Tbsp. Mari-Mann Olive oil |
| Large handful sorrel leaves |                             |

Make shallow slices down the side of fish and tuck lemon slices in slits. Rub inside cavity with oil and seasoning, then add lemon slices. Stuff with fennel. Wrap fish in sorrel leaves then in foil. Place on grill for 10 – 15 minutes each side. Check for doneness.

### **GRILLED FRAGRANT FENNEL BULBS**

Baste with olive oil and turn frequently. Serve with Grilled Sorrel Salmon.



### **CREAMY CUCUMBERS & DILL**

- |                                  |                            |
|----------------------------------|----------------------------|
| 3 – 4 cucumbers, washed & sliced | 1 Tbsp. sugar              |
| 1 Tbsp. milk                     | ¼ tsp. Mari-Royale Pepper  |
| ¾ cup mayonnaise                 | ¼ cup chopped fresh chives |
| 1 Tbsp. fresh dill chopped fine  | 1 Tbsp. sugar              |
| 1 ½ Tbsp. Mari-Mann Vinegar      |                            |

Drain cucumbers in colander 10 min. Squeeze off excess liquid. Mix remaining ingredients and combine with the cucumbers. Chill and serve cold.

### **EPAZOTE 'N BLACK BEAN SOUP**

- |                            |                                     |
|----------------------------|-------------------------------------|
| 3 cups black beans, soaked | 2 medium onions, chopped            |
| 3 garlic cloves, chopped   | 7 cups water                        |
| 2 carrots, diced           | 1 tsp. oregano                      |
| 1 ½ tsp. epazote*          | 1 tsp. fresh savory                 |
| 2 tsp. Mari-Mann Sea Salt  | ½ tsp. Mari-Mann Crushed Red Pepper |

Simmer 2 hours add 1 tsp. parsley. Puree 2 cups in food processor to thicken. Serve with salsa, sour cream and chopped chives.

\*If you cannot find epazote, the next best alternatives are cilantro, summer savory or fennel.

### **GREEK OREGANO MARINATED CARROTS**

- |                              |                                          |
|------------------------------|------------------------------------------|
| 6 carrots, peeled & sliced   | 2 cloves garlic                          |
| ½ tsp. Mari-Mann Sea Salt    | ¼ tsp. Mari-Royale Pepper                |
| 1 tsp. Greek oregano         | 1 Tbsp. Mari-Mann Raspberry Wine Vinegar |
| Mari-Mann Olive Oil to cover |                                          |

Steam carrots 10 – 12 minutes. Crush garlic. Mix with remaining ingredients. Add carrots while hot. Give 2 hours for flavors to meld.

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### **BAY MARINATED VENISON STEAKS**

1 cup Balsamic Vinegar	1 branch parsley
1 cup red wine	6 tarragon leaves
3 Tbsp. Mari-Mann Olive Oil	1 tsp. Mari-Mann Juniper Berries
3 Mari-Mann Bay Leaves	1 small onion, chopped
1 branch thyme	1 Tbsp. flour
1 oz. brandy	1 oz. butter

4 venison steaks

Boil marinade ingredients together for 5 minutes. Cool. Pour over steaks. Marinate 24 hours, turning several times.

### **LAVENDER HERB HONEY**

Add a few sprigs of lavender to 1 pint of honey in saucepan. Stir until warm. Do not boil. Store in jars for one week to blend flavor. Then warm again and strain.

### **ROSEMARY ROASTED RED POTATOES**

2 lb. Red skin potatoes	1 Tbsp. Mari-Mann Rosemary
2 tsp. Mari-Mann Olive Oil	½ tsp. Mari-Royale Pepper

Preheat oven to 425-degrees. Coat heavy baking dish with non-stick spray. With fork, pierce potatoes a few times. Halve any that are more than 1 ½" across. In large bowl, combine all ingredients. Toss potatoes to coat. Put in single layer in baking dish. Bake, stirring once ½ way through, for 40 – 45 minutes until tender.



### ***CURRIED POTATO SKINS***

- 6 lg. Russet potatoes
- 1 ½ Tbsp. water
- ¼ tsp. Mari-Mann Ground Cayenne Pepper
- 6 green spring onions, thinly sliced
- 1 ½ Tbsp. Mari-Mann Olive Oil
- 2 tsp. Mari-Mann Curry Powder
- ½ tsp. Mari-Mann Ground Pepper

Preheat oven to 450-degrees, bake potatoes until soft. Cool 15 minutes. Spray shallow baking pan with non-stick cooking spray. Combine all but potatoes and green onions. Cut potatoes in ½ and scoop out pulp. Leave shell ¼" thick. Cut skins into strips 1" wide. Put in pan. Brush with oil mix. Bake 5 minutes. Scatter green onions on top. Return to oven. Bake until crisp 8 – 10 min.

(Keep potato filling, add: cream, butter, fresh chives and tarragon, season with salt & pepper and enjoy!)

### ***ANISE HYSSOP SAUCE***

- ½ C fresh hyssop leaves
- 1 C apple cider vinegar
- 3 Tbsp. sugar

Combine vinegar and sugar in saucepan and cook over low heat. Stir until sugar dissolves. Remove from heat. Cool slightly. Add hyssop and infuse 30 min. Can be strained. Good with fish, potato salad and pork.

### ***LOVAGE STRAWS***

Cut stems in 3 – 6" pieces and dry. Excellent with tomato juice.



### **ROSE GERANIUM CAKE**

- |                          |                              |
|--------------------------|------------------------------|
| 1 C butter, soft         | ¼ tsp. baking soda           |
| 2 ½ C sugar              | 1 C sour cream               |
| 6 eggs, room temperature | 2 tsp. vanilla               |
| 3 C AP flour             | 2 Tbsp. Mari-Mann Rose Water |
| ½ tsp. salt              | ¼ tsp. Mari-Mann Mace        |
- 6-8 fresh rose geranium leaves

Blend room temperature butter and sugar until light and fluffy. Add beaten egg and beat well. In a separate bowl, blend all dry ingredients together. Add dry mix to cake mixture alternating with sour cream until combined. Mix in liquid flavorings. Grease and flour tube pan. Spray leaves with cook spray. Put in bottom of pan dull side up. Bake 70 min. at 350-degrees.

### **BASIL WRAPPED FISH**

- 8 mammoth basil leaves
- 1 ½ lb. Bluefish/scrod
- 4 Tbsp. Mari-Mann Pesto w/Genovese basil (avail seasonally)

Heat grill, soak mammoth basil leaves in water. Slice fish into strips 2" wide – 8 slices. Spread pesto on fish. Wrap in leaf and secure with toothpick. Once coals are glowing, place fish on grill 6" from heat. Cover and steam 5" on each side.

### **THYME-GRAPE JELLY**

- |                        |               |
|------------------------|---------------|
| 5 C grape juice        | 7 C sugar     |
| 1 tsp. dry whole thyme | 1 pkg. Pectin |

Combine juice and thyme in kettle and boil. Remove from heat. Let stand 15 min. Strain. Return to kettle. Stir in pectin and bring to a rolling boil stirring constantly. Remove from heat. Skim foam. Pour into jars and cover. Process 5 minutes.